



YOU CAN COOK  
AND YOU DO HAVE THE TIME

## Kev's Kitchen

### SCALLOPS & CHARD

**Time: 20 minutes**

**Serves: 4**

#### **Ingredients:**

4 thick strips bacon – cut into matchsticks  
1 pound large scallops – well washed  
¼ teaspoon kosher salt  
¼ teaspoon fresh ground black pepper  
2 bunches chard – roughly torn & stems discarded  
1 clove garlic - finely chopped or grated  
2 teaspoons fresh lemon juice  
¼ teaspoon lemon zest

#### **Preparation:**

Place a large frying pan on medium heat. Add the bacon and cook, stirring occasionally until browned. Remove the bacon from the pan and set aside, leaving the bacon fat in the pan.

Bring the heat to high. Season both sides of the scallops with the salt and pepper. Cook for one to two minutes per side, depending on the thickness of the scallops. Remove the scallops from the pan and set aside to keep warm.

Add the chard, garlic and lemon juice to the pan and sauté for two minutes. Toss the bacon into the chard and remove from heat.

Plate the chard and bacon mixture, topped with scallops and garnished with lemon zest.

#### **Nutritional Information Per Serving:**

Calories: 225  
Fat: 9g  
Carbs: 8g  
Fibre: 2g  
Protein: 28g